



Embrace!

Newsletter of the N.C. Coalition for Long-Term Care Enhancement

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Special points of interest:

- Computers for seniors
- North Carolina facilities making news
- Update on the Pioneer Network Conference

Embrace! is a project of the N.C. Coalition for Long-Term Care Enhancement. To respond to articles, contact the editor:

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My Buddy

By Danielle Daw, BS

My Buddy- that's what we like to call our It's Never 2 Late system here at Mary Gran Nursing Center. We were able to purchase the system using grant funds from the N.C. Coalition for Long-Term Care Enhancement grant committee. This piece of technology has been a wonderful addition to our activities program. My Buddy has given some residents their first hands on experience with computers. The adaptive equipment makes it an enjoyable experience for all. Our current events group uses My Buddy to acquire up-to-the-minute news for their daily discussion. The residents enjoy singing with the karaoke program and watching the old television series as well. You can see their faces light up when they are using the driving programs, flight simulator, or the Simm Cycle taking a bike tour. With this system some residents have been able to communicate via e-mail with their family out-of-state.

In order to prepare for the My Buddy system, members of our activities and social work departments participated in a two-day training program that was

provided by the It's Never 2 Late national program director. The facility also receives quarterly updates and has access to the helpdesk. It has been a learning experience for residents and staff as we continue to implement My Buddy into our daily lives here at Mary Gran Nursing Center.

Danielle Daw is the social worker at Mary Gran Nursing Center in Clinton, N.C., and can be reached at (910) 592-7981.



Percy Kirby, a resident at Mary Gran Nursing Center in Clinton, enjoys the driving simulation games included in the My Buddy computer system. No longer restricted to the worlds of teenagers, computer and video games provide low impact physical stimulation to populations their creators probably never dreamed of.

New Technology: Wii at Friends Homes West

By Dorian Edwards, LRT/CTRS

Have you ever wondered if you could go back to your younger years and play the games you used to play without worry of injury? Or, have you gotten bored with the same old television show? Well, here at Friends Homes West, technology has crashed into “young age” with the introduction of Wii Bowling. This new video game simulates games of choice without the hassle of long lines or smelly bowling alleys. Yes, Virginia, you too can bowl!

Wii Bowling is a neat alternative to the other gaming systems and hand held games which leave you clueless as to how to operate them. With a pull and release on a trigger switch on the bottom of the remote, and a flip of the wrist, you get a real sensation of bowling standing up or sitting down! (Yes, you read correctly - sitting down!) The sound effects are great; you hear the ball crashing into the pins, the moans of disappointment when a ball lands in the gutter, and you hear the commentators give the endearing words of “Great Throw” or “Nice Spare” when you bowl a strike or a spare. Residents

from Independent Living, Assisted Living, and Healthcare have all played this game with successful results.

Special Services Director Libby Wood not only introduced Wii Bowling to her constituents, but created a two-team tournament every Wednesday! The team names were “The Holy Rollers” and “The Strikers”. The competition was so tough that some residents had practice time prior to and after the tournament. Each player had an opportunity to bowl during the 10 frame game. The tournament ended this summer with The Holy Rollers coming away as Wii Tournament Champions (Wheaties should consider putting the team on their next cereal box!).

The Wii offers more than just bowling. Other options include tennis, baseball, boxing, and golf. For the novice player, the Wii offers training for each sport. The training for bowling includes learning how to pick up spares; how to curve the ball for the impossible 7-2 split; and knocking down as many pins as possible. For the advanced player, the Wii offers daily training where the player goes through simulations of random sports. At the com-

pletion of each training day, the player is awarded a Wii age. The Wii age indicates how well you performed at completing the random tasks for each sport. Your tasks range from getting the most strikes in bowling to hitting the most home-runs in baseball.

The Wii is more than just a game; it offers an opportunity for any player, regardless of age, to improve hand eye coordination, build up stamina, and also lots of perspiration. Oh, and by the way, did I mention fun? This gaming system provides the opportunity for relationship building, as well as playing sports at a modified level. It also gives reminders that this is not to be your only means of activity. After playing a game, the system reminds players to pause and go outdoors. The Wii offers a good balance of play and challenge to young and old. So, the next time you hear screams coming from the viewing area, know it is not us but “Wii”.

Dorian Edwards is the activity director at Friends Homes West in Greensboro, and can be reached at (336) 292-9952 or via email at dedwards@friendshomes.org.

Empowering Lives through Technology

By John Cilone, NHA

"It's Never 2 Late" has been built around a simple vision: every older individual - regardless of physical or cognitive disability - should be allowed to experience the world utilizing today's technology.

Fair Haven Home in Bostic, N.C., has adopted this philosophy as part of our vision to exceed our client's expectations. We feel that there will be an ever increasing demand for computer related technology in the long-term care setting.

Fair Haven's "It's Never 2 Late" computer system includes Internet and e-mail access through adaptive browsers, a multitude of games, history, current events, music, videos and television shows. The list of content on this system is almost endless. As with the Internet, there is nothing you can't find using this system.

Our activity department uses this system several times a week for group activities. The system is attached to a large screen television and the group can play "Wheel of

Fortune", "Jeopardy" or any number of other games. This type of interaction with all the sights and sounds of the real television shows increases participation and enjoyment of the activities. Internet research can also enhance any activities and the large screen television allows all residents access. For example, during our recent Halloween pumpkin-decorating activity, we used the system to look up images of jack-o-lanterns. This system has allowed us to enhance and add variety to our activity program.

Residents are also able to use the system on their own. The system is assessable 24 hours a day. Several of our residents enjoy using the system to put together puzzles, which entails moving puzzle pieces into place on the large touch screen monitor. Some residents use the e-mail each day to keep in contact with family members. Others enjoy exploring all the different games on the system. One mainly enjoys playing Wheel of Fortune, Casino Slots and Hoyle's Go Fish. She enjoys keeping track of all the money she wins on each game. I usually know when this resident has been up at night using the computer because there will be 10-15 different programs running

when I arrive in the morning.

Our staff is also trained to use the system one-on-one with residents. Residents with behavioral symptoms can be redirected with music, videos and slide shows. We have found that we can put on "The Andy Griffith Show" for one resident to calm her down when she is agitated. Slideshows with large bright photos and music are another good way to capture interest of resident's. Slideshows can be personalized with the residents' own family photos and music.

Therapy is able to use this system as well. The most popular use is the stationary cycle and cycling program. This allows the resident to have a virtual bike ride. While the resident pedals the cycle, they can see themselves moving down the road on screen. Therapy can also use the system for standing balance and hand eye coordination exercises.

The system comes with a printer/scanner, an attachable steering wheel for the driving games and a joystick for the flight simulator. Other equipment includes a roll ball mouse, adaptive keyboard with

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15-20 different overlays for different uses, Bose noise reduction headphones, Bose speakers and a 20-inch touch screen flat panel monitor. The system comes with an adaptive table that is mobile. The whole unit can be moved to any desired location even resident rooms.

In the next 10-15 years, technology for residents in long-term care facilities will be a must. We have adopted this system as the first step in this direction. Currently, our residents are able to access technology in a way that is brand new to some. Other residents are glad to have access to a computer to do their routine tasks. As the generations change, more long-term care residents will demand access to computers.

John Cilone is the administrator at Fair Haven Home in Bostic, N.C., and can be reached at (828) 245-9095

Important Conference Coming in March 2009

Mark your calendars now for March 30, 2009, for the "Culture Change and Creativity in Long-Term Care" conference to be held at Croasdaile Village in Durham. It'll be a chance to hear what others in North Carolina are doing with

respect to enhancing the settings of our long-term care facilities. Our guest speaker will be Jack York, creator of the It's Never 2 Late computer system. Jack will speak to us about the emergence and importance of technology to our nation's aging adults. We'll also hear from facilities that have successfully used computers to bring the cyber world to their residents.

In addition to our guest speaker, Cindy DePorter will join us to share the latest trends in regulations and culture change. Cindy is best known as the Branch Manager of Quality Evaluative Systems at the Division of Health Services Regulations, so here's your chance to ask the surveyor. Jeffrey Hutchins, administrator at Penick Village, will speak on "Deinstitutionalizing Health Care." Pennick Village has just received approval to build a Greenhouse model facility, so you'll want to be sure and hear about this exciting new venture into moving away from the traditional medical model of nursing home care.

With the approach of another grant season just months away, attendees will hear from facilities

across the state that successfully used grant money to transform their organizations. We'll have speakers on the Eden Alternative™, Person-Centered Thinking, Bathing without a Battle, and Buffet Style Dining. Grantees will share their successes as well as their challenges. And to round out our day, a group of panelists will help untangle the grant-writing process and give tips on how to successfully apply for the next round, scheduled to begin in the early summer of 2009.

The N.C. Coalition for Long-Term Care Enhancement has applied for three CEU's for nursing home administrators, nurses, NA's, activities and social work personnel. The cost of the conference is \$25 per person, but seating is limited so attendance is restricted to four per facility. No registrations will be accepted at the door. Lunch will be included.

At the end of the conference, attendees are invited to tour Croasdaile's Sensory Room.

Brochures and registrations will be mailed to each facility in the state in early January. Be sure to watch for them, but return them early to save your seat for this important conference!

North Carolina Facilities Highlighted in Print and on the Web

By Bev Cowdrick, NHA

The health center at Pennybyrn at Maryfield, a CCRC in High Point, was featured on the cover of a national magazine this summer as the facility neared completion of its dramatic transformation from an institutional nursing home to a village of cozy households.

The magazine, Culture Change Now!, featured a double front cover in bright colors. The first cover showed the old floor plan and underneath was the new floor plan. The magazine can be seen at <http://culturechangenow.com> and is available for \$15 per copy.

There are stories inside the magazine about how homes have renovated into households around the country. Great color photos and easy reading. Congratulations to Pennybyrn for the coverage!

Three skilled nursing facilities within 15 minutes of Interstate 85 in North and South Carolina were highlighted recently on the international website of Action Pact, Inc., a culture change education and consulting group in Milwaukee, Wisconsin.

All three homes have constructed or reconstructed households for small groups of residents, including kitchens, living rooms, dining rooms and

outdoor gardens, as well as reorganizing staff members into household interdisciplinary work teams.

The three homes are Pennybyrn at Maryfield in High Point, Huntersville Oaks in Huntersville, and The Cottages at Brushy Creek in Greer, S.C. Pennybyrn is a faith-based CCRC and the other two are non-profit/public SNF's owned by hospital systems.

You can take a look at the detailed stories of what these three homes accomplished at <http://culturechangenow.com>. Look for "Interstate 85: Highway to Culture Change" from the Summer 2008 issue stories section.

Pioneer Network 2008 National Conference

By Bev Cowdrick, NHA

Over 1,000 people gathered in Washington, D.C. in August for the eight annual gathering of the Pioneer Network, an organization that brings together innovative thinkers and change agents for long-term care. There were 55 learning sessions and 10 day-long intensives. People from around the country and the world shared their experience and successes in leadership training, team building, staff retention, direct care changes, architecture and design, regulations, policy, research, and much more.

One of the day-long intensives was "A Call to Action for State Culture Change Coalitions". Leaders from

around the country came together to share how state coalitions have been impacting skilled nursing environments. One innovative idea that came up was the "Businar". This is a rolling seminar that travels to several innovative facilities in one day to tour and study what they did to make changes.

North Carolina was well-represented at the Pioneer Network this year. I saw folks there from many facilities, and some of them brought direct care staff with them.

I highly recommend this conference for homes that are considering or are in the midst of making large or small changes in their operations and buildings. There's a wealth of experience and materials at the Pioneer Network to bring back home. North Carolina has been a leader in pioneering changes with and for our residents, and we need to keep bringing in new ideas and best practices.

Next year's Pioneer Network conference will be in Little Rock, Arkansas from August 12 to 14 (all-day intensives on the August 11). Visit their website, www.pioneernetwork.org, for more details.

Bev Cowdrick is a licensed nursing home administrator and served at Huntersville Oaks near Charlotte, during its reconstruction. She is currently working part-time as Director of Long-Term Care Education and Research for Carolinas Health-Care System. She is also an educator and consultant for Action Pact, Inc. and can be reached at (919)257-8058.

THE NORTH CAROLINA COALITION FOR LONG-TERM CARE ENHANCEMENT

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To contact the Coalition, please email us at alice@ltcenhance.com.



*Enhancing the lives of residents
and staff in North Carolina's
long-term care settings*

We're on the web!

www.ltcenhance.com

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IMPORTANT ANNOUNCEMENT

The North Carolina Coalition for Long-Term Care Enhancement will present a conference on March 30, 2009, on "Culture Change and Creativity in Long-Term Care". The conference will be held at Croasdaile Village in Durham and participants will be offered a tour their Sensory Room at the end of the conference. Speakers include Jack York from It's

Never 2 Late, Cindy DePorter from DHSR, and Jeffrey Hutchins from Penick Village. Attendees will also hear success stories from facilities who've implemented the Eden Alternative, Person Centered Thinking, Bathing without a Battle, and Buffet Style Dining. CEU application has been made for nursing home administrators, nurses, NA's, Social Workers, and Activities personnel. Cost is \$25 per person and limited to 4 per facility. See more on the conference inside this newsletter. And as always, please share this newsletter with all staff.



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